

# Health and Homelessness

## *Why is being homeless a health issue?*

People who have lost their housing tend to have more physical and mental health problems and live 25 years less than the general population.



## *Who does homelessness affect?*

Homelessness may affect anyone in our area including professionals, people with disabilities, families, older people, etc. 1/5 of people with no housing have a mental illness. Most people are not homeless for long, but there is a small percent who are chronically homeless.

## *How is the health of people without homes affected?*

Homeless people have an increased risk of health issues due to:

- Stress/Mental Health—Lack of stable housing and being outside in extreme weather can increase stress and anxiety.
- Poor personal hygiene—Limited access to bathrooms/showers may increase serious skin conditions and poor dental care.
- Illness—Sickness spreads quickly in shelters due to close quarters. Sick people can't stay in bed to recover and may not have transportation to the doctor.
- Chronic health conditions—Lack of access to regular medical care makes managing health problems, such as high blood pressure or heart disease, difficult. Storing supplies for diabetes or other health needs is challenging.
- Substance abuse—Addiction may lead to job loss, resulting financial issues, and/or losing a home.
- Access to healthy foods—Affects the health of those with food allergies, diabetes, and other health needs.

**For more information:** Visit [www.tjach.org](http://www.tjach.org) or email Anthony Haro at [anthony@tjach.org](mailto:anthony@tjach.org).



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